WILLIAM SHATNER
RECOGNIZED BY THE GOVERNOR GENERAL
{page 3}

ASIAN FLAVOUR
A ZESTY SALAD THAT PAIRS WELL WITH FISH
{page 19}

MATTHEW PERRY
HEADS FOR REHAB
{page 14}

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TELUS

OTTAWA metro®
Monday, May 16, 2011
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News worth sharing.

JOE LOFARO/METRO

▶ An RCMP officer tries to restrain a protester wielding a plastic flagpole against pro-Gadhafi demonstrators Friday. For exclusive photos of the violent confrontation, go to metronews.ca/ottawa.

Scuffle in Ottawa over Libya

▶ RCMP officer falls on his way to break up protesters ▶ Sustains minor injury

RCMP have laid no charges after a man flailed at people with a plastic stick in a violent scuffle Friday outside the Libyan Embassy.

A sidewalk on Metcalfe Street outside the embassy turned into a battleground forcing the RCMP to barricade the area between Slater and Albert streets.

Shortly after 2 p.m., about 10 people rallied on Metcalfe Street outside of Starbucks against the NATO mission in Libya and chanted in support of Libyan leader Moammar Gadhafi. The group was quickly outnumbered by a larger anti-Gadhafi group that gathered across the street.

At about 2:30 p.m., a man from the anti-Gadhafi group crossed the street and attempted to whip members of the pro-Gadhafi group with what appeared to be a plastic shaft from a Libyan flag.

The man took several swings at demonstrators before a female RCMP officer restrained him. Members of the anti-Gadhafi group swiftly crossed the street to calm him down and return him to the other side.

Tensions calmed but the two crowds continued shouting through their megaphones until about 4 p.m. Const. Suzanne Lefort said no arrests were made as a result of the Friday protests.

During the altercation, however, a male RCMP officer was injured and fell to the ground, clutching his right leg. He was transported in an ambulance shortly after the incident.

"It was not caused by any of the protesters and I don't have any news concerning his condition," said Lefort, "but it was a minor injury." JOE LOFARO

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Walkers face MS side by side

Kanata neighbours Jen Digby and Suzi Berardini were emotional yesterday after they completed a two-kilometre walk with 1,300 others in Ottawa to support the MS Society of Canada.

"One of the things I said to her when I crossed the finish line was the one good thing to come out of my disease was that I met you and I love you," said Berardini about her friend.

The pair, both MS sufferers, met through the society and have been friends ever since.

"It's really crappy weather, but it's such a meaningful event," said Berardini.

Laurel Mackenzie, the executive director of the Ottawa chapter of the society, said more than $310,000 has been raised so far. This year's goal is $385,000 and pledges will be accepted until June 13.

JOE LOFARO

JOE LOFARO/METRO

▶ Jen Digby, left, is supported by friends Suzi and Agostino Berardini yesterday as the trio crosses the finish line at the MS Walk in Ottawa.

Shatner shows tough love to homeland

Shatner among those recognized by Governor General on Saturday

William Shatner's rendition of O Canada celebrates our fabulous home on native land, in all our sons' and daughters' command.

"O is sad. Could we make it 'Yeah Canada?' I've got a better idea: 'Hey, C-Rock.' See, that's more upbeat," says the Star Trek star in a National Film Board short that was screened at the Governor General's Performing Arts Awards gala on Saturday night at the National Arts Centre.

In return for being awarded a Governor General's Lifetime Achievement Award, Shatner recorded the comedic short with director Jacob Medjuck.

"I pitched five ideas, four of which wouldn't fly for the audience," said Medjuck after the film was shown at the ceremony. "One of them was classy enough for the government."

The skit shows Shatner "singing," in his well-known breathy monotone, a refurbished national anthem — preferring "true patriot love of same-sex sex partnership" to the original.

The video was picked up by Hollywood A-list comedy site FunnyOrDie.com, said Medjuck.

JESSICA SMITH

To see the video, go to metronews.ca.

CONTRIBUTED

▶ Canadian actor and Governor General's Lifetime Achievement Award recipient William Shatner poses with short-film director Jacob Medjuck. Medjuck and Shatner collaborated on a humourous short film that was screened at the Governor General's Performing Arts Awards Gala Saturday.

1 news

Detailed calendar marks the final months of man stranded in the Oregon woods. Scan code for story.

On the web at metronews.ca

Guidy Mamann on the impact of the Conservatives' major overhaul of Canada's humanitarian policy. More at metronews.ca/immigration

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Remembering the crash of 1956

A CF-100 crashed into a convent in Orléans, killing 11 nuns and four other people Canadian Forces, Sisters of Charity and Bruyère Continuing Care Centre employees gathered to remember tragedy yesterday

JESSICA SMITH
@METRONEWS.CA

JESSICA SMITH/METRO

▶ Sister Agathe Gratton, Sister Mariette Seguin, Raymond Drouin and Gilbert Desbecquets stand at the Orléans air tragedy memorial yesterday.

Fifty-five years later, no one knows for sure what brought down the plane that crashed into the Villa St. Louis convent in Orléans, killing 15 people.

"We will remember them," said Gilbert Desbecquets after he read out the names of the people who died on May 15, 1956, when the CF-100 crashed into the Grey Nuns of the Cross Convent without warning.

Retired members of the Canadian Forces, Sisters of Charity and the Bruyère Continuing Care Centre gathered to remember the tragic event yesterday, with music, a prayer and the laying of a wreath.

The plane from the Uplands Air Force Base was circling the air to burn off fuel before it planned to land. Instead, it fell into the convent, setting it on fire. While some escaped, 11 nuns and a priest were killed.

Desbecquets said many people now believe there was a problem with the plane's oxygen system, which would have made the crew feel euphoric before passing out.

"The airplane had been known, long after the fact, to have had problems with the oxygen system," he said, adding that those problems were discovered too late to confirm that they caused the crash.

Desbecquets and others began annual commemorations of the tragedy on its 50th anniversary in 2006.

Now, many wouldn't miss it.

Agathe Gratton, a Sister of Charity of Ottawa who lives in the new convent that sits on the site of the crash next to the Bruyère Continuing Care Centre, came after mass yesterday.

"This is the 55th anniversary, so how can I stay home?" she said. "I know what the congregation feels every year on this date."

OUTDOOR WATER BAN

Taps could turn on in 3 areas

Residents in three Ottawa neighbourhoods could be allowed to turn on the outdoor taps at the end of July.

City officials say construction on a new water main along Woodroffe Avenue is ahead of schedule.

The outdoor water ban imposed on 80,000 homes and businesses in Barrhaven, Riverside South and Manotick could be lifted by July 31.

Homeowners and businesses are being asked to continue complying with the outdoor watering ban.

Bylaw Services have issued no fines so far for violating the water ban.

In the meantime, Mayor Jim Watson has announced seven south-end Ottawa car washes are now subject to a mandatory shutdown order. THE CANADIAN PRESS

Three boys mugged

Police are looking for a brazen gun-toting bandit who pointed a weapon at three teenage boys and stole their knapsack, cellphones and a wallet in broad daylight on a path near Huron Avenue North and Byron Avenue.

The thug is described as white, male, early 20s, six feet tall, medium to stocky build, short dark hair, is English speaking, and was wearing aviator-type sunglasses, a red bandana, and a black jacket. METRO

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Unrest on all fronts

Protesters storm Israeli borders in deadly clashes Israel points finger at Syria as orchestrater

Mobilized by calls on Facebook, thousands of Arab protesters marched on Israel's borders with Syria, Lebanon and Gaza yesterday in an unprecedented wave of demonstrations, sparking clashes that left at least 15 people dead in an annual Palestinian mourning ritual marking the anniversary of Israel's birth.

In a surprising turn of events, hundreds of Palestinians and supporters poured across the Syrian frontier and staged riots, drawing Israeli accusations that Damascus, and its ally Iran, orchestrated the unrest to shift attention from an uprising back home. It was a rare incursion from the usually tightly controlled Syrian side and could upset the delicate balance between the two longtime foes.

Prime Minister Benjamin Netanyahu, who heads to Washington at the end of the week, said he ordered the military to act with "maximum restraint" but vowed a tough response to further provocations.

"Nobody should be mistaken. We are determined to defend our borders and sovereignty," he declared in a brief address broadcast live on Israeli TV stations. **THE ASSOCIATED PRESS**

MENAHEM KAHANA/GETTY IMAGES

▶ Israeli policemen guard the border fence yesterday as residents of Majdal Shams stand on the hill after mainly Palestinian protesters crossed from Syria into the Israeli-annexed Golan Heights close to the Druze village of Majdal Shams to mark Nakba Day.

Wider NATO raids in Libya urged

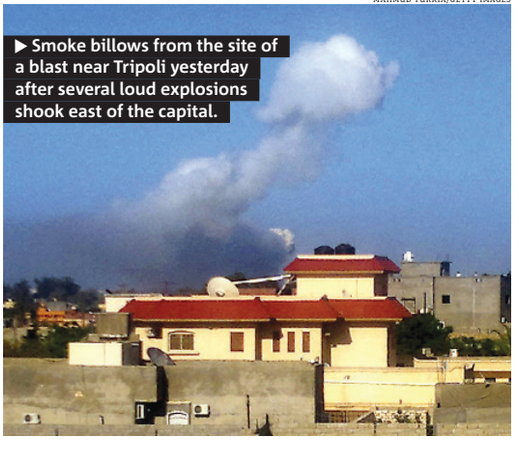
NATO aircraft blasted an oil terminal in a key eastern city at nightfall yesterday, Libyan TV reported, after Britain urged the alliance to widen its assault on areas controlled by ruler Moammar Gadhafi.

The Libya TV report said the bombs hit methanol tanks at the oil port of Ras Lanouf, causing leaks. NATO officials had no immediate comment. The reported attack came as the Libyan conflict appeared largely stalemated, with each side claiming gains one day, only to be turned back the next.

The head of Britain's armed forces, Gen. David Richards, appeared to relate to the stalemate and frustration in the West over the slow pace of warfare in Libya, with Gadhafi still in power, able to taunt NATO for failing to unseat him.

In remarks published in The Sunday Telegraph in London, Richards urged NATO to widen the range of targets the alliance's planes are allowed to hit in the effort to stymie the Gadhafi's regime's attacks on protesters. He said "more intense military action" was needed or the conflict could end in stalemate. **THE ASSOCIATED PRESS**

MAHMUD TURKIA/GETTY IMAGES



▶ Smoke billows from the site of a blast near Tripoli yesterday after several loud explosions shook east of the capital.

4 Canadian soldiers hurt in chopper crash

Four Canadian soldiers were injured, one of them seriously, when a Chinook helicopter crashed on landing under moonlight in a remote part of Panjwaii district in southern Afghanistan early this morning local time.

The chopper, carrying five crew and about 25 soldiers along with a Canadian Press journalist, flipped onto its side, throwing men and equipment into a mad tangle of bodies, weapons and gear.

Despite the smell of fuel, there was no fire. **THE CANADIAN PRESS**

Guatemalan massacre leaves 27 dead

Guatemalan national police say at least 27 people are dead in a massacre in a northern region overrun with drug traffickers.

The National Civil Police say 25 men and two women were killed in an ambush by gunmen in the town of Caserio La Bomba in Guatemala's Peten province.

Police say they are investigating whether the attack is related to Saturday's killing of Haroldo Leon, who is the brother of alleged Guatemalan trafficker Juan Jose (Juancho) Leon. **THE ASSOCIATED PRESS**

MUSADEQ SADEQ/THE ASSOCIATED PRESS

▶ U.S. Senator John Kerry speaks during a press conference at the U.S. Embassy in Kabul, Afghanistan, yesterday.

In the wake of bin Laden

U.S. Sen. John Kerry reiterates scope of recent events, their effect ◐ Says finger pointing counter-productive, positivity needed to move forward

U.S. Sen. John Kerry warned yesterday that already shaky U.S.-Pakistani relations have reached a critical juncture as calls grow in the United States to cut some of the billions of dollars in aid to Islamabad following al-Qaida leader Osama bin Laden's killing.

Kerry, who spoke in Afghanistan before travelling to Pakistan, said sober and serious discussion was needed to resolve the widening rift amid growing suspicion that Pakistan's security forces were complicit in harbouring the al-Qaida leader, who was killed May 2 in a raid by U.S. Navy SEALs near Islamabad.

"We need to find a way to march forward if it is possible. If it is not possible, there are a set of downside consequences that can be profound."
U.S. SEN. JOHN KERRY

For its part, Pakistan is angry that it was not told about the raid in Abbottabad until after it was completed, saying its sovereignty was violated.

"We want to be hopeful and optimistic that we can work our way through this," he said.

But he made clear that patience was running thin in Washington after it was discovered that the terror leader had been living for years in a compound in a military garrison town that includes Pakistan's equivalent of West Point.

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SECOND ATTEMPT

Last launch for shuttle Endeavour

With wounded U.S. Rep. Gabrielle Giffords on hand to watch, the space shuttle Endeavour is poised to give the work week a roaring and historic start this morning, overcoming wiring problems that grounded it last month.

Giffords' arrival yesterday afternoon included a quick fly-by of Endeavour on the launch pad.

"Gabrielle is excited for the launch. Do you plan to see history in the making?" her staff tweeted.

NASA officials said conditions, from weather to technical issues, couldn't look much better for the scheduled 8:56 a.m. (GMT) launch today.

NASA is expecting smaller crowds — 400,000 people instead of 750,000 people — for the second attempt.

THE ASSOCIATED PRESS

Floodgates breached

Authorities are warning people to get out of low-lying areas as water gushing from a floodgate for the first time in four decades creeps closer to communities in Louisiana.

Most residents heeded the warnings yesterday.

THE ASSOCIATED PRESS

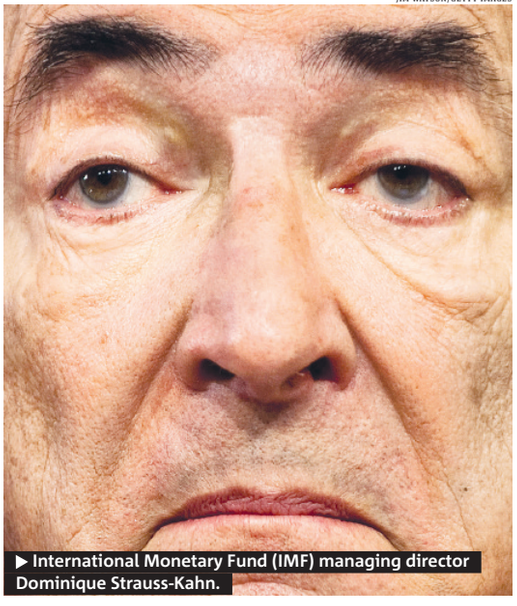
78 injured at Egyptian sit-in

Egypt's top Christian leader called on his followers to end a weeklong sit-in yesterday in front of a government building after a mob attacked the Christian protesters and their supporters, injuring 78.

THE ASSOCIATED PRESS

'The great seducer' or the great assaulter?

JIM WATSON/GETTY IMAGES



▶ International Monetary Fund (IMF) managing director Dominique Strauss-Kahn.

IMF chief arrested less than four hours after alleged assault

EMMANUEL DUNAND/GETTY IMAGES

▶ Headlines in two New York newspapers.

Dominique Strauss-Kahn's nickname was "the great seducer." Not even an affair with a subordinate could knock the International Monetary Fund leader off a political path headed for the French presidency.

All that changed with charges he sexually assaulted a maid in his hotel room, a case that generated shock and revulsion, especially in his home country.

The 32-year-old maid told authorities when she entered his suite Saturday afternoon, she thought it was unoccupied. Instead, Strauss-Kahn emerged from the bathroom naked, chased her down a hallway and pulled her into a room, where he forced her to perform oral sex on him and tried to remove her underwear authorities said.

"He denies all the charges against him," said Benjamin Brafman, his lawyer.

Unless the charges are dropped, they could destroy his chances in a presidential race that is just starting to heat up.

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Expectations lowered

High oil and commodity prices force economists to revise predictions for U.S. economic growth

Economists are scaling back their expectations for U.S. economic growth this year.

A survey by the U.S. National Association for Business Economics predicts gross domestic product will grow 2.8 per cent this year, down from its February prediction that it would grow 3.3 per cent. The outlook for consumer spending and the housing market also weakened, in part because oil prices are expected to remain above $100 US a barrel through 2012.

The panel of 41 economists also said they "remain highly concerned" about the federal deficit, and said growth in the first three months of the year had been weaker than expected.

The predictions reflect the jitters of the American public, who are still recovering from the recession and are now getting squeezed by rising prices for gas, groceries and other household items. Retailers are paying more for fuel, cotton, wood pulp and other raw materials, and say they have no choice but to pass along the price increases to customers.

Business spending was the bright spot in the NABE predictions. The economists expect investment in business equipment and software to rise 11.9 per cent this year. Corporate profits will rise by 8.5 per cent, they predict.

THE ASSOCIATED PRESS

Growing pains

- **The economists also** lowered predictions for consumer spending growth (2.8 per cent, down from 3.2 per cent), and housing starts (610,000, down from 660,000). They also expect housing prices to fall 1.5 per cent, after saying they would rise 0.4 per cent.
- **They expect oil prices to** remain elevated at $103 US a barrel through 2012.

Chain. Gang

▶ "We are in the U.S. for the long haul," Tim Hortons CEO Don Schroeder told shareholders Friday.

FRANK GUNN/THE CANADIAN PRESS

Shifting ground in the U.S.

Tim Hortons says it still sees potential for growth in the United States even though it closed 54 money-losing stores and kiosks in New England in the past few months. Chief executive Don Schroeder said the company will focus on promoting its brands in core border cities. Tim's still has some 600 stores in the U.S. and is moving forward with plans to open 70 to 90 more by the end of the year.

Eurozone meetings to go on as planned

The arrest of Dominique Strauss-Kahn, managing director of the International Monetary Fund, complicates a key European meeting on whether to give Greece billions more in aid, but experts insisted that one man's troubles won't keep the 17 eurozone nations from trying to contain a debt crisis that threatens them all.

The financial leaders are to discuss Greece's deteriorating economy today at a Brussels meeting where experts will brief them on the situation in Athens. Key questions include what conditions to put on more help to the debt-strapped nation, with European leaders unhappy at what they see as limited Greek efforts to raise money by selling government property.

Strauss-Kahn was arrested yesterday in New York on suspicion of sexual assault on a hotel maid.

Despite the arrest, the IMF said in a statement that it remains "fully functioning and operational."

The executive board convened an informal session yesterday and made Strauss-Kahn's deputy, John Lipsky, acting managing director.

Strauss-Kahn had to cancel a meeting with Chancellor Angela Merkel in Berlin, where the German public is deeply skeptical about putting up any more money for Greece. Germany, as Europe's largest economy, provided a large chunk of the $151-billion bailout for Greece from the European Union and the IMF last year.

THE ASSOCIATED PRESS

ALEX WONG/GETTY IMAGES

▶ John Lipsky

Yahoo in talks over Alipay

Yahoo Inc. and Alibaba Group are engaged in "productive negotiations" over the online payment service Alipay, the tech giants said yesterday in a joint statement.

The companies are aiming to present a united front in the face of increasing strains in their relationship, though they gave few details on how negotiations are progressing.

Yahoo owns 43 per cent of Alibaba, a powerful Internet company in China.

Last Tuesday, Yahoo surprised Wall Street when it said that Alibaba had spun off its online payment service, Alipay. Investors, worried that Yahoo's stake in Alibaba will be less valuable, sent Yahoo's stock down.

Alibaba transferred Alipay to another company owned by its CEO, Jack Ma. He has been more antagonistic since Carol Bartz became Yahoo's CEO in January 2009.

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Green light for PlayStation Network

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

▶ Sony executive Kazuo Hirai says the company has beefed up security to protect PlayStation customers' personal data. He also offered "sincere regret" for the hacker intrusion.

Among the 100 million user accounts, Sony says about 92 million can access limited network service

Sony began restoring its PlayStation Network service yesterday after shutting it down almost a month ago because of a massive security breach that affected more than 100 million online accounts.

Restored operations are limited mainly to online gaming, chat and music streaming services. Sony said it aimed to fully restore the PlayStation Network by the end of the month.

Sony also began a phased restoration of its Qriocity movie and music services, which share the PlayStation Network's server.

Kazuo Hirai, chief of Sony's PlayStation video game unit, said the company has enhanced security measures to protect customers' personal data, and and added that Sony had not received any reports of the stolen information being used illegally.

The probe into the hacker attack is ongoing.

THE ASSOCIATED PRESS

Playing havoc

- **Sony Corp.'s PlayStation** Network is a system that links gamers in live play. Sony shut it down on April 20 after discovering it had been hacked and customers' personal data compromised.
- **Since the shutdown,** Sony's share price has dropped nearly nine per cent to close at 2,241 yen ($27) on Friday.

Keep TMX Canadian, rival bidders say

A group of four big banks and five pension funds has submitted a $3.6-billion rival bid for TMX Group — operator of the Toronto stock exchange — in the hope of derailing a merger with the London stock exchange.

The companies, who call themselves Maple Group Acquisition Corp., say their bid will enable TMX Group to achieve the scale and efficiency it needs to succeed in an increasingly competitive marketplace, while preserving Canadian governance, decision-making and regulatory oversight.

Maple's investors include: Alberta Investment Management Corporation, Caisse de depot et placement du Quebec, Canada Pension Plan Investment Board, CIBC World Markets, Fonds de solidarite des travailleurs du Quebec, National Bank Financial, Ontario Teachers' Pension Plan Board, Scotia Capital and TD Securities.

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No more oil until war over: Libyan producer

Libya's largest petroleum company will not produce oil until the war ends, and that probably holds good for producers across the country, a spokesman said yesterday.

Abdeljalil Mohamed Mayuf, information director of Arab Gulf Oil Co. — responsible for more than one-quarter of Libya's former production of 1.6 million barrels a day — said the company feared further attacks by ruler Moammar Gadhafi's forces.

The decision came after rocket attacks on April 4 badly damaged a pumping station and production facilities at southeast Messla. A pumping station on the pipeline to Tobruk port also came under attack.

"We cannot put an army around each field," Mayuf said, adding that resuming production "depends on this military operation and when Gadhafi leaves."

Libya's three-month revolt against Gadhafi has caused oil prices to soar.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
– 31.42 (13,358.01)	– 0.84¢ (103.09¢ US)

Oil	Natural gas 1,000 cu ft
– $1.01 US ($97.96 US)	$4.17 US (– 2.4¢ US)

Gold $1,491 US (– $15.80 US)

Macau gambles on diversifying economy

The Galaxy Macau, a multi-billion-dollar casino resort complex, opened yesterday as Macau seeks to draw a broader mix of visitors than the high-rolling mainland Chinese who have helped the city become the world's most lucrative gambling market.

The launch of Macau's 34th casino comes as the city seeks to diversify its economy away from gambling after years of soaring growth that helped it overtake Las Vegas as the world's top casino market.

Macau's economy has boomed since a four-decade casino monopoly was broken in 2002, opening the way for U.S. and Australian operators to enter the market with local partners. Monthly casino revenues so far in 2011 have grown by at least 33 per cent, after surging by more than half last year to $23.5 billion.

The former Portuguese colony, once considered seedy and corrupt, now aims to develop cultural attractions that can draw more middle-class families who will stay longer.

THE ASSOCIATED PRESS

Another Galaxy

- **The $1.9-billion complex,** owned by Galaxy Entertainment Group, has 450 gambling tables and space for up to 1,500 slot machines.
- **It also boasts a 40,000-** square-foot wave pool and an artificial beach built with 350 tons of white sand. Guests can stay at three hotels with a total of 2,200 rooms.
- **The Galaxy Macau is the** only casino scheduled to open in the city this year.

VINCENT YU/THE ASSOCIATED PRESS

▶ Visitors pose with hostesses at the Galaxy Macau casino, which opened yesterday to the crackle of firecrackers and the beat of a traditional Chinese lion dance.

GAS FIRMS HAVE YOU OVER A BARREL

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA

Last week's spike in the price of gas was a shock, but shouldn't be a surprise.

We've been through this before, although this jump was a doozy. Typically, around the Victoria Day weekend, as the summer road trips begin, the numbers on gas station signs start clicking upwards and we're treated to another round of "pain at the pumps" stories in the media and consult gas price websites to try to calculate how far we can afford to drive for a deal.

When the complaints reach a certain intensity, governments announce their intent to get to the bottom of the gas racket, as Industry Minister Tony Clement did last week, announcing he would invite oil execs to explain their stupendous profits and opaque pricing.

"Drivers might even take another look at public transit. Myriad small inconveniences aside, the fuel is already paid for, the expense shared, and there are no unpleasant budgetary surprises — until the next fare increase."

Countless inquiries of this sort have stubbornly found little evidence of price-fixing.

The questions and answers in committee about the relation of a barrel of oil's price to that of a litre of gas, the effect of commodity speculation, and political instability in the Middle East will be ritualistic and rehearsed. They might as well be accompanied by a dance routine. There will be rather less discussion of the federal and provincial taxes on gas, on which our deficit-running governments depend for revenue. Then the price will ease somewhat and everyone will go back to sleep until the next increase.

In the meantime, the discomfort here is real, with prices topping $1.30 per litre at some Ottawa gas stations. The operators complain they are hardly making a killing off expensive gas with their tight profit margins, but the household budgets of many of their customers are tighter still, ill-equipped to absorb the hit.

Still, it's increasingly unrealistic of us to ask government to make our car dependency more affordable. We're often told the cheap, easy-to-extract oil is running out, and rising prices for what remains will be the rule.

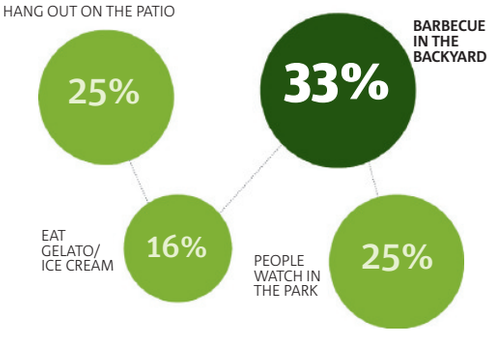
Some costs of your commute are already absorbed by everyone in the form of increased carbon emissions and reduced air quality. I can think of worse outcomes than the cost of gas encouraging motorists to cut down on needless driving, ditch the second car or just ease up on the gas pedal to conserve that pricey juice.

Drivers might even take another look at public transit. Myriad small inconveniences aside, the fuel is already paid for, the expense shared, and there are no unpleasant budgetary surprises — until the next fare increase.

metro life panel

Register at metrolifepanel.ca and take the quick poll

What's your favourite summer activity?



Local tweets

- **@GetSteve Wilson:** @TheOldSpiceGuy: What time is morning? Whenever I wake up and lift the sun into the air. You're welcome. "PARTY BRUNCH 2DAY 2PM ..." B-)
- **@JimWatsonOttawa:** No more rain — off to Caldwell for community safety bbq. Then to thank habitat for humanity volunteers.
- **@ajonsports:** When you blow a 2-goal lead to Wigan, you don't deserve to stay up. Enjoy the Championship West Ham. #byebyehammers
- **@nonstopnicktv:** In sum: Take risks, ensure quality, don't be an advocate, be multi-skilled, actually learn about an area. #caj2011
- **@GaryChampagne:** Uh-oh. DS is limping towards the car. #notgood #soccertraining
- **@tweepwife:** I KNEW I shoulda taped his ankle this morning #damn RT @Gary Champagne: Uh-oh. DS is limping towards the car. #notgood #soccertraining
- **@Centretowner:** O-Train expansion business case on Weds' #ottawa Transit Commission agenda. Report not included: http://tinyurl.com/4369fyx

Worth mentioning

MONTREAL. Didn't get around to dusting this weekend? Don't worry. It turns out dust might actually hold some benefits for you.

The perennial household nuisance actually purifies the air by neutralizing ozone that can harm our lungs.

Dust can do this because one of its major components is human skin — which contains the ozone-eliminating component squalene.

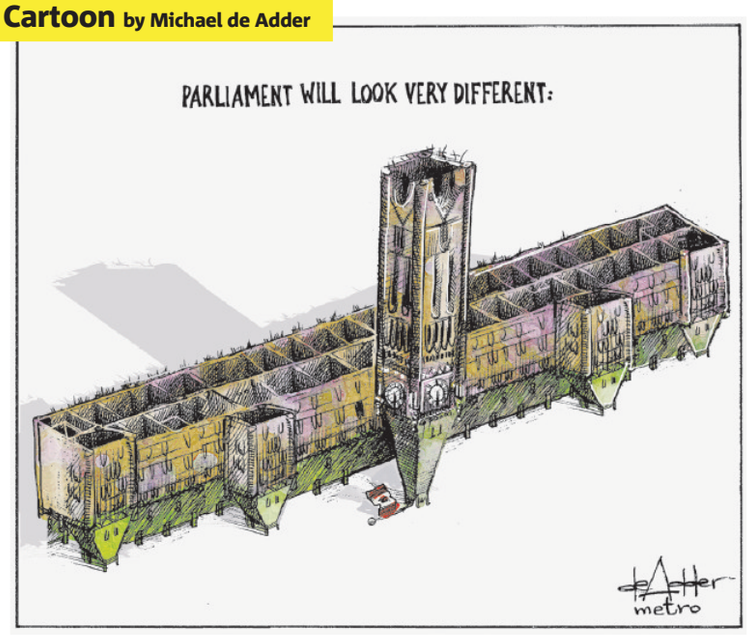
Humans constantly shed their skin, losing up to 500 million cells per day. At that rate, according to Charles Weschler, who helped author a study whose results were announced last week by the American Chemical Society, it would take a person two to four weeks to turn over all of the skin cells on their body.

It's these skin flakes that clean the air. Their squalene helps neutralize ozone.

Most people might think of ozone as a good thing — and it is, when it's up high in the atmosphere and protecting us from ultraviolet radiation. But when it's down here, closer to us in the air that we breathe, it's a pollutant.

THE CANADIAN PRESS

Cartoon by Michael de Adder

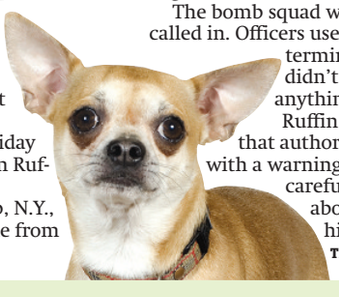


WEIRD NEWS

When you gotta go, you gotta go

A dog that wasn't quite housebroken may have indirectly been responsible for a bomb scare at a New York courthouse.

The trouble began Friday when 19-year-old Melvin Ruffin arrived at a court complex in Central Islip, N.Y., following a long bus ride from his home in Bellport.



During the trip, another passenger's chihuahua urinated on his backpack.

So he stashed the wet bag in some bushes while he went inside to answer a disorderly conduct citation.

But a retired police officer saw the bag and alerted security.

The bomb squad was ultimately called in. Officers used a robot to determine the bag didn't contain anything harmful.

Ruffin tells Newsday that authorities let him off with a warning to be more careful next time about where he left his stuff.

THE ASSOCIATED PRESS

metro
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2 scene

Is Okkervil primed for the mainstream?

Despite positive press, band's singer-songwriter is not sure commercial breakthrough lies ahead

HANDOUT

▶ Okkervil River's frontman Will Sheff, centre, produced the band's new album I Am Very Far himself. "I am incredibly proud of this record," he said. "I think it's our best one."

Okkervil River has made its name on literate, orchestral indie-rock, a creative concoction that has proven to be extremely successful for other bands over the past year.

However, as they've watched their peers skyrocket to the top of the charts, the cerebral Texas outfit has yet to find a large audience, and the band's singer-songwriter Will Sheff says he's not necessarily expecting a commercial breakthrough with the group's newly released sixth record, I Am Very Far.

"This is something people say all the time," Sheff, 34, said in a telephone interview. "As we went through our almost 15 years of being a band, we would watch bands like the Decemberists and the Arcade Fire kind of be this tiny little band ... that would suddenly be five billion times bigger than us months later.

"At first, it was really frustrating because we felt like we had been doing our thing that we do for a really, really long time. And what got frustrating was people who hadn't heard of us (who) thought we were influenced by these bands that had half the lifespan of us or whatever.

"But at the same time, I never really wanted to be a mega-huge stadium rock star. I've really realized that the amount of constraint that you have to be under when you're trying to be successful, it's frustrating. You really have to stress about the perception of every last little thing you do. ... I didn't get into the music business to feel career pressure.

"I (like) the manoeuvrability that we have, where I basically get to do whatever ... I want, and if I want to make a record (of) throat singing and nobody buys it, I don't have to feel bad."

11

The 11 tracks on I Am Very Far achieve a grandiosity that was the result of ambitious studio sessions that occasionally featured two guitarists, two pianists, two drummers and seven guitarists playing simultaneously.

And yet, for all Sheff's hard-earned sovereignty, plenty of observers seem to think I Am Very Far might propel his band to new commercial heights anyway. The Guardian's four-star review asserted that Sheff and co. "seem intent on following the Arcade Fire route to mass accessibility," while the BBC called the band "Wilco waiting to happen" — before arguing that I Am Very Far would signal the band's arrival.

Sheff admits to having absorbed some of that positive press, and doesn't deny the subsequent relief that washed over him.

"It makes me really happy," he said. "When I was making this record, I was really aware that ... if you really loved (the band's previous albums) The Stage Names and The Stand Ins, that you might not like this record or it might not give you the exact same thing that you wanted.

"And I was aware that might make certain people disgruntled or something like that, so it was nice to see that people were responding to the record."

THE CANADIAN PRESS

Box office

Thor nailed down the No. 1 spot at the box office again. Paramount's 3-D superhero film starring Chris Hemsworth as Marvel's hammer-toting god of thunder earned US$34.5 million in its second weekend, according to studio estimates yesterday. That brings the total haul of Thor to $119.2 million, though not quite as impressive as fellow comic book hero Iron Man 2, which earned $211.2 million by its second weekend the same time last year. Universal's Bridesmaids, the raunchy comedy starring Kristen Wiig as a down-on-her-luck maid of honour, debuted above expectations in second place with $24.4 million.

THE ASSOCIATED PRESS

Bollywood documentary brings song and dance to Cannes Film Festival. Scan code for story.

Big shoes (and shirts) to fill for Kutcher

JEMAL COUNTESS/GETTY IMAGES

▶ Ashton Kutcher

There's a new man on the scene at Two and a Half Men. But is Ashton Kutcher man enough?

With Friday's announcement that Kutcher will be replacing Charlie Sheen, viewers could begin to wonder how he will be plugged into the hit sitcom's tight little world.

Can his particular appeal fill the void of the caustically droll Sheen? And just who the heck will his character be?

Neither CBS nor Chuck Lorre, the series' creator, were giving any hints as they confirmed the deal to bring Kutcher into a show where Sheen's character was the comic centre, portraying an advertising jingle writer with a playboy lifestyle and an overwrought brother. Kutcher, who first found sitcom stardom more than a decade ago on That '70s Show, specializes in puppy dog wholesomeness and laid-back, goofy sexiness. He's perhaps the anti-Sheen.

"We are so lucky to have someone as talented, joyful and just plain remarkable as Ashton joining our family," said Lorre, also the show's executive producer.

"If I was any happier, it'd be illegal."

"I can't replace Charlie Sheen," said Kutcher, adding that he plans to work hard "to entertain the hell out of people."

THE ASSOCIATED PRESS

Perspective

Brad Adgate, an analyst for the firm Horizon Media, gave his thoughts on Ashton Kutcher replacing Charlie Sheen on Two and a Half Men.

- "He's not a star, I don't think, the way Charlie Sheen is," Adgate said.
- "(But) it's a hit show and it's something worth trying before you pack it in," he said. "You just never know."

Getting behind the camera

Actress Famke Janssen makes her writing and directorial debut with the immigrant tale Bringing Up Bobby

JOEL RYAN/THE ASSOCIATED PRESS

▶ Actress Famke Janssen poses for a portrait as she promotes the film Bringing Up Bobby at the 64th international film festival in Cannes, southern France.

Getting downsized out of screen roles is inevitable for most actors — and particularly actresses — as they get into their 40s and beyond. With her writing-directing debut, Famke Janssen is taking the do-it-yourself route to ensuring she still has a film career.

Janssen's mother-son comic drama Bringing Up Bobby, starring Milla Jovovich, is playing in the huge movie market that accompanies the Cannes Film Festival, where the filmmaker hopes to find distributors to put it into theatres in the United States and elsewhere.

The 46-year-old Janssen aims for a career balance of acting and directing.

"I'm hoping that I can juggle both for a little bit, at least," Janssen said in an interview. "The older you get as a woman, the less parts you'll have just by nature. And then I really don't want to go down the whole plastic surgery route and become obsessed with the way I look, which is very much a part of being an actress, sadly.

Janssen, who played telepath Jean Grey in the X-Men franchise and a James Bond villain who crushes victims with her legs in GoldenEye, took a couple of years off from big-screen acting to raise money to get her own film off the ground.

Bringing Up Bobby stars Jovovich as Ukrainian con artist Olive, a brash, boisterous woman raising her young son in Oklahoma through a variety of schemes and grifts. Bobby (Spencer List) adores his mom, but Olive is forced to decide if he might have a better future in the custody of a grieving couple (Bill Pullman and Marcia Cross) who take an interest in the boy.

Janssen wrote the screenplay based on a story idea she and her boyfriend, Cole Frates, came up with. A native of the Netherlands who moved to New York City to work as a model in her late teens, Janssen said she was inspired by her own experiences as an immigrant observing America, particularly in heartland states such as Oklahoma, where Frates grew up.

"I just wanted to play around with the idea of what is it like to look from the outside into a country? What's the perception?" Janssen said. "Then very much the idea of living the American dream, which I feel like I'm the perfect example of. America's a land of immigrants and people who come there with big dreams, and that's my journey. It's Olive's journey."

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'A modern fairy tale'

The latest Cannes Film Festival entry from Belgium's Dardenne brothers is the story of an abandoned boy, his unlikely saviour and his beloved bicycle.

The Kid With a Bike tells the alternately brutal and tender tale of 11-year-old Cyril, left in a children's home by his feckless father; Samantha, a hairdresser who almost by accident becomes his surrogate mother; and the bike he pedals furiously through a chaotic world. The last film to get this much mileage from a bicycle was Breaking Away.

It's another gritty slice of working-class Belgian life from the filmmaking siblings — and also a fairy tale.

"At one point we nearly called the film A Modern Fairy Tale," Jean-Pierre Dardenne, one half of the duo, told reporters after the film's first screening Sunday at Cannes. Cyril is a lost child, "a bit like Pinocchio or Red Riding Hood."

"He has to undergo certain experiences and loses his illusions," Dardenne said. "There's the forest, which is a place of temptation, there's the bad wolf ... and then there's the good fairy who saves Cyril."

Jean-Pierre and his brother, Luc — who jointly write, produce and direct their films — are Cannes royalty. Five of their films have appeared in competition here over the years, and two have won the top prize, the Palme d'Or — Rosetta in 1999 and L'Enfant (The Child) in 2005.

The balance between realism and fairy-tale redemption is one the brothers say they found easy to strike.

Luc Dardenne — at 57 the younger brother by three years — said the film grew from the real-life case of a Japanese boy whose father dumped him in an orphanage, but re-imagined as a love story.

THE ASSOCIATED PRESS

HANDOUT

▶ Belgian filmakers Jean-Pierre and Luc Dardenne made The Kid With a Bike, which is screening at Cannes.

No longer Gaga over her man

Luc Carl joined pop star on tour, but stress of the road and Gaga's busy schedule were too much for the couple

After almost a year of dating, Lady Gaga and boyfriend Luc Carl have called it quits, she discloses to Graham Norton.

"No, I don't have a boyfriend and haven't been on any dates recently," the singer says during an interview on his BBC talk show.

Though Carl had been accompanying her on her recent tour, the stress of the road and Gaga's hectic schedule reportedly became too much.

But keeping busy is normal for the pop star: "At a certain point exhaustion becomes a state of being, and mentally I have to be strong and overcome it. It's like a cloud, a fog really, that hovers over me," she recently told V magazine.

"But in a way I will never escape it, because in truth when I do have to time to rest I end up writing a song, or editing a film or creating a new project for the fans to be involved in."

METRO

FREDERICK M. BROWN/GETTY IMAGES

▶ Lady Gaga and Luc Carl dated for almost a year.

Paris might be off Lilo's Christmas card list this year

Lindsay Lohan is still miffed over former friend Paris Hilton's dig at her during a promo for Hilton's new reality show.

"Lindsay is really trying to change her life for the better. This proves Paris will never change. She's always going to be mean and spiteful to other women," a source tells Popeater.

"Really, Paris had to make a wisecracks about Lindsay in a homeless shelter? It just shows how insecure she is." METRO

Friends star back in rehab for the third time

Former Friends star Matthew Perry is planning a return trip to rehab, though it's more of a preemptive step than a result of a relapse, according to People magazine.

"I'm making plans to go away for a month to focus on my sobriety and to continue my life in recovery," Perry says in a statement to the magazine.

"Please enjoy making fun of me on the World Wide Web."

Perry has previously been to rehab twice, in 1997 and 2001, and has struggled with prescription medications and alcohol in the past.

METRO

▶ Matthew Perry

Celebrity tweets

Today, Joy Behar is marking her calendar, Elizabeth Banks is looking to be entertained, and Conan O'Brien is feeling snubbed.

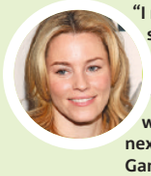
Joy Behar

"May is National Masturbation Month. Not that I need to tell you."

Conan O'Brien

"Oprah has revealed who the guest will be on her final show and it's not me. P.S. Congrats to whoever "Will Smith" is."

Elizabeth Banks



"I need something new to read. Tweeps, what's the next Hunger Games?"

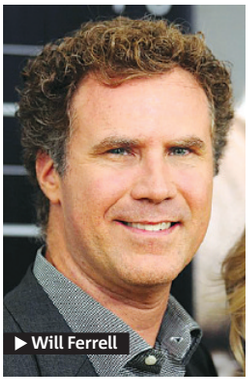
Ferrell game for more Anchorman

Will Ferrell is completely flummoxed by Paramount Pictures' reluctance to green-light a sequel to Anchorman, he tells Popeater.

"I don't understand how they conduct their business," he says.

"I don't know what they think. Once again they don't comment either way, but it's not like it's coming from us unsolicited. We just keep getting asked so many times about it that we have to comment. We try to explain there's so much interest in a sequel, we're not making this up!"

METRO



▶ Will Ferrell

Obama tight with Bieber

U.S. President Barack Obama may make a dream come true for the daughter of one of the Americans killed in the Sept. 11 terrorist attacks.

Payton Wall, 14, has always wanted to meet Justin Bieber. White House officials say the girl met Obama last week. She mentioned she was a fan of Bieber. A senior aide to Obama told ABC News that White House officials contacted Bieber's staff asking if the singer could meet Payton.

TMZ reports that Bieber told the White House he will meet the girl.

METRO

Spears' ex-manager wants her to testify

Britney Spears' former manager, Sam Lutfi, wants the singer to take the stand to testify that he was not the main force behind her mental breakdown, but Spears' parents believe she isn't mentally capable of giving a deposition, according to Billboard.

Lutfi, who believes the pop star is capable of speaking for herself, has demanded a psychological exam to prove it.

METRO

Metro goes
GAGA
tomorrow!
Lady Gaga, Global Guest Editor
metro

3 life

You need this

Air Hunterz Z-Curve Bow

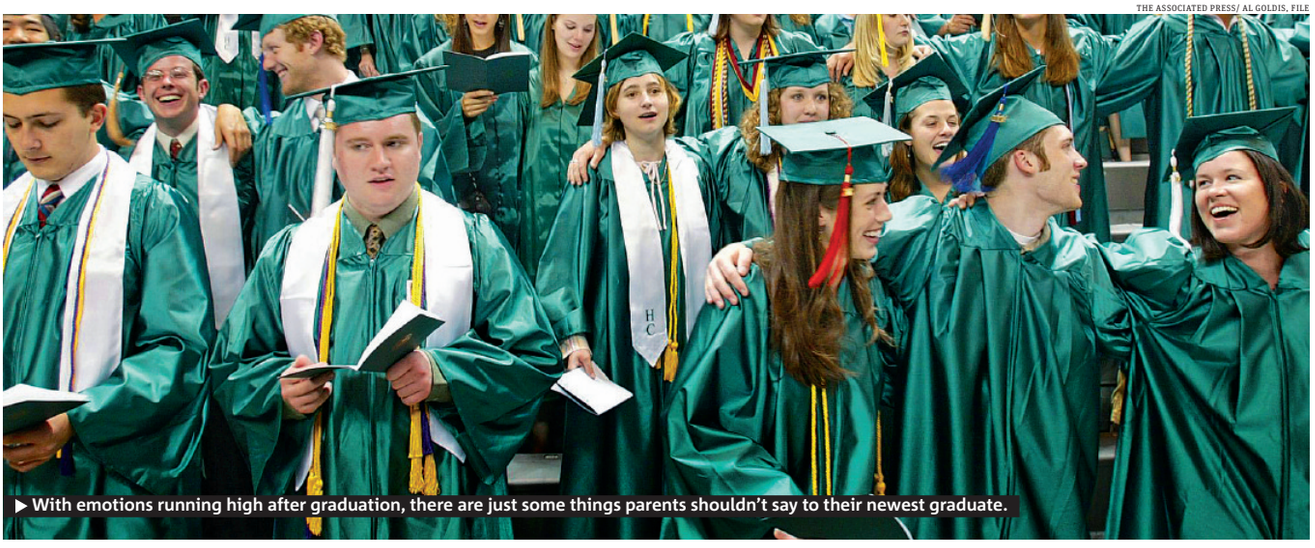
TimetoPlayMag.com released its Most Wanted toys for spring. Among the toys is this realistic-looking bow and arrow, which can hit targets at up to 100 feet. The suction cup tips mean no one gets killed. For ages six and up. MWN

ZING TOYS

$26.99
Amazon.com

Tips for easing back pain during pregnancy.

THE ASSOCIATED PRESS/ AL GOLDIS, FILE



▶ With emotions running high after graduation, there are just some things parents shouldn't say to their newest graduate.

10 things not to say to your recent graduate

After the caps and gowns have been hung up and diplomas have been framed, it's time for grads to find work ◐ As a parent you want to help, but some things are better left unsaid

The playing of Pomp and Circumstance is over. The mortar boards have been thrown in the air. And the diplomas are hung up on the wall.

Your son or daughter is now home and looking for work in his or her field during one of the toughest economic climates in decades. How bad is it, exactly? In the U.S. in 2010, college graduates had a 9.4 per cent jobless rate. Before the recession it was 5.5 per cent.

Many grads have moved back home, and this spring is sure to see another wave of boomerang kids moving out of the dorm for the last time and heading reluctantly back to their old bedrooms.

This is not necessarily because they want to, but because they can't pay rent elsewhere on their own.

As a parent you want to help. But what to say?

It's an emotional time, and nerves may be frayed. You certainly don't want to start doing their laundry again, but you also don't want to provoke a fight.

With that in mind, here are 10 things *not* to say to a recent college graduate.

1 "I'm sure we all need a break from stress, but you need a job before you know what real stress is."

2 "Since you are applying for jobs now, you might want to remove those beer pong pictures from your Facebook page."

3 "Some time in the military never hurt the old resumé."

4 "You may recall that we were not thrilled with your choice of a creative writing degree, but your contention that we promised to support you until you sell your first novel does reveal a truly creative mind."

5 "Remember that I plan to retire in six years, and it's important that you be paying your share of Social Security by then."

6 "I don't care what your roommate told you. Not Everyone has a trust fund."

7 "I'm sure Tiffany's surgery will help her job prospects, but we are not paying for a nose job."

8 "It's too bad you didn't find a nice (man/woman) in college, because you'll never again be around so many eligible people." (On the other hand, asking, 'You're still with him (her)?' might not go over well either.)

9 "We forgot to mention we've turned your old room into our scrapbooking centre. How do you feel about sleeping on the couch and putting your stuff in a storage unit?"

10 "I heard that they're hiring ... in China."

THE ASSOCIATED PRESS

PLEDGE to Cycle and WIN!
MAY 2011 MAI
ENGAGEZ-VOUS à fair du vélo et GAGNEZ!
Bike to Work
biketoworkottawa.com
veloboulotottawa.com
Vélo au Boulot
The GRAND PRIZE is a NEW BIKE from Kunstadt Sports
Le GRAND PRIX sera un NOUVEAU VELO de Kunstadt Sports
BROUGHT TO YOU BY / OFFERT PAR
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envirocentre

The doula industry

Trained professionals are helping moms deliver their babies, but these aren't doctors, they're support teams
In recent years they have become increasingly popular as women seek a deeper connection with the process

SAM D'AMATO
LIFE@METRONEWS.CA

METRO WORLD NEWS

Giving birth feels like a very private matter — you are exposed, you are vulnerable, you are emotional and you want to share the moment with your partner, loved ones and new child.

The last thing you would want is a stranger in the delivery room with you and your loved ones.

Yet more and more women are actually inviting strangers in.

In recent years, doulas have become more popular around the world, as women, feeling technology too cold, strive to get back in touch with their bodies, opting for a natural childbirth without drugs or medical intervention (except during emergencies).

A doula is a professional trained in the physiology of labour, and provides education and comfort.

This person acts less as a rival to the husband or partner and more like a well-informed partner.

The cost for a doula is generally $1,000 and up.

We asked Lori Hill, a certified practitioner and spokesperson for Doulas of North America (DONA) International, to tell us more.

Why have I heard more about doulas recently than ever before?

There are numerous reasons that doulas have become more commonplace in recent years.

As the technological approach to birth has risen, women's feeling of connectedness with the process has decreased, and more couples are seeking ways to become informed and involved in the births of their children.

The doula is there to support the couple with educational, physical, and emotional support so that women are more able to feel safe throughout the process.

A birth is such an intimate thing, usually between just two people. How do you work yourself in?

"As the technological approach to birth has risen, women's feeling of connectedness with the process has decreased, and more couples are seeking ways to become informed and involved ... The doula is there to support the couple..."
LORI HILL, DOULA

We arrange planning meetings that are very helpful in creating a bond between a doula and the couple.

A doula's goal is never to come between the couple but to support them through the birth process. We keep in mind the fact that it is not our birth, but bring to the birth our professional experience and knowledge of a birth.

It is also imperative to allow the couple to get into their labour flow first, and when the doula joins them, to first observe, to see where she will best fit into the dynamic.

Tell me about the push and pull between doulas and the hospitals. Does it have to be an either or situation? There's always some controversy humming in the background about "what's best."

Well, there really should be no conflict if a doula is doing her job, because she is there for physical and emotional support.

That should not create conflict with medical providers. Often when there is conflict it is because the medical provider does not understand the role of a doula.

What's something a mom or dad has asked you to do that you simply had to decline? I heard one was asked to mow the lawn.

Ha! I don't think I have ever been asked to do anything strange.

But generally the thing that we hear about is a family that is attempting unassisted home birth but wants a doula there just in case.

Of course, a doula can attend an unassisted birth as a doula, but not as a makeshift midwife.

That is well outside our standards of practice.

FLICKR CC JASONUNBOUND

▶ A doula is trained in the physiology of labour.

1980s
When the first doulas emerged, in small numbers

1992
Doulas of North America is formed

7,000
approximate number of DONA International members around the world

Are you a parent with Depression?

Both you and your child can benefit when you seek help

We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

- Men and Women 18 years or older with depression
- Study medication and assessments provided
- All research has been approved by the Research Ethics Board
- Subjects may be eligible for compensation for time and travel
- All queries are strictly confidential

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale de l'université d'Ottawa

For more information contact Wendy Fusee:
(613) 722-6521 ext. 7828
Wendy.Fusee@rohcg.on.ca

A perfect-for-spring penne

This dish scores big on flavour, simplicity and speed

For even more ease, pick up a ready rotisserie chicken

Spring is all about light fare. So what better way to celebrate than with a Roasted Vegetables and Chicken Penne that is light and rich in nutrients. It is also great due to the simplicity and speed with which its made. To make the prep easier, pick up a rotisserie chicken from the grocery store.

THE CANADIAN PRESS HO

▶ Celebrate spring with this light and nutritious chicken and veggie penne.

Ingredients:

- 500 g (1 lb) asparagus, trimmed
- 2 sweet greenhouse peppers, seeded
- 30 ml (2 tbsp) olive oil, divided
- 1 ml (1/4 tsp) each salt and pepper
- 375 ml (1 1/2 cups) greenhouse grape tomatoes
- 375 g (12 oz) penne or other short pasta (about 1 l/4 cups)
- 500 ml (2 cups) cooked chicken
- 30 ml (2 tbsp) red wine vinegar
- 2 cloves garlic, minced
- 125 ml (1/2 cup) crumbled aged white cheddar cheese
- 50 ml (1/4 cup) slivered fresh basil
- 2 green onions, thinly sliced

Preparation:

1. Slice the asparagus diagonally into quarters and chop the peppers into bite-size pieces; place in a medium bowl. Add 15 ml (1 tbsp) of the oil, salt and pepper and toss. Spread the veggies on a rimmed baking sheet. Roast in a 220 C (425 F) oven for 7 minutes.
2. Add tomatoes and shake the baking sheet. Roast all the vegetables for about 8 minutes or until the asparagus is tender-crisp.
3. Meanwhile, in a large pot of boiling lightly salted water, cook the penne according to package directions until it is tender. Drain the pasta, reserving 250 ml (1 cup) of the cooking water.
4. Return the pot to medium heat. Add the cooked pasta, remaining oil, roasted vegetables, chicken, vinegar and garlic; toss everything to combine, adding enough of the pasta water to moisten the dish to desired consistency. Cook the dish, stirring, for 2 minutes or until the chicken is heated through.
5. Remove the pot from heat. Stir in cheese, basil and green onions. Serve immediately.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Get grilling season off to a healthy start

THE CANADIAN PRESS HO

▶ Lettuce wraps are great for entertaining.

As we swing into grilling season, these steak lettuce wraps will be a hit for entertaining or as a light yet lunch or dinner.

Ingredients:

- 1 small iceberg lettuce
- 2 sirloin steaks (each 250 g/8 oz)
- 2 cloves garlic, minced
- 15 ml (1 tbsp) coarsely ground black pepper
- 10 ml (2 tsp) coarse salt
- 30 ml (2 tbsp) olive oil
- 30 ml (2 tbsp) balsamic vinegar
- 50 ml (1/4 cup) sweet & mild condiment
- 15 ml (1 tbsp) fresh thyme
- 1 small red and yellow onion, each cut into 4 wedges
- 8 large white mushrooms, rinsed and drained of excess dirt and grit
- 125 ml (1/2 cup) crumbled blue cheese

Preparation:

1. Remove core from lettuce, leaving head intact, and rinse. Carefully separate leaves, keeping as many leaves whole and intact as possible (8 are required). Place leaves in bowl of cold water and soak for 15 minutes. Remove leaves from water and drain well on paper towel. Refrigerate to keep cool.
2. Season steaks with garlic, black pepper and salt, rubbing seasoning into meat so it adheres. Set aside.
3. In a bowl, combine olive oil, balsamic vinegar, condiment, thyme and season to taste with salt and pepper. Set aside.
4. In a separate bowl, combine red and yellow onion, mushrooms and drizzle with a quarter of basting sauce mixture. Toss well to coat.
5. Preheat grill to high heat 230 to 290 C (450 to 550 F). Grill mushrooms and onions for 10 to 15 minutes, turning occasionally. Transfer to a cool part of grill.
6. Grill steaks for 6 minutes per side, basting liberally with sauce. Steaks should be charred with warm pink centre. Remove and let steaks rest for 5 min.
7. Slice mushrooms and onions; thinly slice steaks. Fill lettuce cup with mushrooms, onions, grilled sirloin steak and crumbled blue cheese. Drizzle with basting sauce, roll up lettuce. Repeat. THE CANADIAN PRESS/ MAILLE

A taste of Asia in a warm salad

This grilled mushroom salad is ideal to serve with fish It also pairs well with any grilled meat

THE CANADIAN PRESS/ HO

▶ Mushrooms and a zesty dressing are the stars of this salad.

Used in this Grilled Oriental Mushroom Salad are a variety of assorted fresh mushrooms and a zesty Asian-style dressing.

Its zesty dressing makes the salad perfect to serve with grilled meat or fish.

However, it can also be served alone for a healthy lunch.

Preparation:

1. In a small saucepan, mix the oil, soy sauce, vinegar, garlic, mustard, onions and ginger root. Set the mixture set aside.
2. Pile the mushrooms in the centre of a large piece of heavy aluminum foil. Drizzle them with teriyaki sauce. Fold in edges and ends of the aluminum foil to seal well.
3. Barbecue mushrooms on high heat for 5 to 6 minutes or until steaming. Heat dressing on barbecue or stovetop just until boiling.
4. Divide salad greens evenly among 4 large salad plates. Top with warm mushroom slices and drizzle with hot dressing. Sprinkle sesame seeds on top. Serve immediately.

Tip: Prepare the dressing in a microwave-proof 500-ml (2-cup) bowl or glass measuring cup and heat until it is boiling.
The mushrooms could also be cooked in a 220 C (425 F) oven instead of on the barbecue.

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Ingredients:

- 45 ml (3 tbsp) each vegetable oil and soy sauce
- 75 ml (1/3 cup) rice vinegar
- 2 cloves garlic, minced
- 15 ml (1 tbsp) mustard
- 2 green onions, chopped
- 15 ml (1 tbsp) finely minced ginger root
- 500 g (1 lb) sliced assorted mushrooms (white, cremini, portobello, shiitake, oyster)
- 45 ml (3 tbsp) teriyaki sauce
- 4 l (16 cups) mixed greens
- 15 ml (1 tbsp) sesame seeds

THE CANADIAN PRESS HO/ CALIFORNIA ALMONDS

▶ This recipe makes one serving.

These aren't your regular scrambled eggs

Kick breakfast up a notch by combining simple ingredients & almonds

Rich in nutrients and deliciously satisfying, this Almond Scramble dish uses very simple ingredients to take breakfast to the next level.

Even though it's a breakfast dish, it also makes an ideal weekend brunch or hearty meal for any time of day.

Preparation:

1. In a dry non-stick skillet over low heat, lightly toast sliced almonds until they are golden brown. Set aside.
2. In a bowl, whisk the egg and egg whites together. Season the mix with salt and pepper and set aside.
3. In the same skillet over medium heat, heat oil and cook the garlic until it is lightly browned, about 1 minute. Add the mushrooms and spinach and cook until the spinach has wilted, 2 to 3 minutes. Add the tomatoes and cook, stirring, just 1 minute more.
4. Reduce heat and gently pour the eggs into the pan, but do not stir. Cook and gently push and lift the eggs with a heat-proof spatula while tilting the pan from one side to the other until eggs are set.
5. Spread goat cheese onto the egg mixture with toasted almonds. Slide scramble from the pan to a plate and serve.

THE CANADIAN PRESS/ CALIFORNIA ALMONDS (ALMONDBOARD.COM)

Ingredients:

- 15 ml (1 tbsp) sliced almonds, toasted
- 1 whole egg
- 2 egg whites
- 15 ml (1 tbsp) canola oil
- 1 garlic clove, minced
- 150 ml (2/3 cup) sliced baby portobello mushrooms
- 250 ml (1 cup) baby spinach leaves
- 125 ml (1/2 cup) cherry tomatoes, halved
- 30 g (1 oz) goat cheese, softened
- Salt and pepper, to taste

Pure plastic

Many sea animals eat plastic, mistaking it for food

ELISABETH BRAW
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

ISTOCK PHOTO

▶ Seabirds are increasingly being found with stomachs full of plastics.

Jan van Franeker spends his day examining the stomachs of dead seabirds. He doesn't see many small fish there. Instead he finds plastic — and in large amounts.

"Birds have an average of 0.3 grams of plastic inside their stomachs," van Franeker explains. "That may not sound a lot, but if you translate that into human terms, it's like having a lunch box full of plastic inside your gut."

Franeker, a marine biologist at Holland's Institute for Marine Resources and Ecosystem Studies, specializes in the Northern fulmar, a seabird found in the North Atlantic.

The fulmars are not alone in eating plastic. Other birds, dolphins and seals encounter plastics in their feeding areas and mistake it for food. Even whales have been discovered with stomachs full of plastic bags. They've been munching plastic since the material began littering our oceans some 50 years ago. Even today, ships off the coasts of developed countries continue to dump their waste into oceans. Every year, 20,000 tons of waste is dumped in the North Sea alone.

Between 1999 and 2008, plastic rubbish in the world's oceans increased by 700 per cent.

SHAKING OUT THE RUG

I need to buy a rug for my child's bedroom. What's the greenest option? ***Joey of Montreal***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Sourcing a green product for a small purchase like a rug might not seem like a big deal, but we spend about 90 per cent of our time indoors.

Materials and chemical treatments that go into making many consumer products have an affect on our indoor air quality.

When it comes to floor coverings, kids are especially at risk because that's where they spend a lot of time. Choose carpets or rugs made from natural fibres like wool.

PFCs pollute our water, are persistent in the environment and can remain in the human body for years.

Avoid chemical treatments. Carpets, for example, are sometimes treated with formaldehyde, something Health Canada suggests you reduce or eliminate from home use as much as possible.

You probably don't realize that formaldehyde is also found in air fresheners, nail polish, bed sheets, kitchen cabinets, furniture — you get the idea.

As it emits fumes, most of the cancer research on formaldehyde focuses on risks from inhalation.

Avoid Stainmaster.

It's a perfluorochemical or PFC, widely-used as a water, grease and stain repellent in carpets and clothes. PFCs pollute our water, are persistent in the environment and can remain in the human body for years. You can also look for a Greenguard certified rug. The Greenguard Environmental Institute certifies products and materials that have low chemical emissions. There are 15 categories to choose from, such as building materials, furniture, and paint.

To design a healthy space; check out Greenguard's product guide at greenguard.org to source everything from countertops to adhesives.

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On satisfying your hunger for life

How taking a step back helped this BBQ maverick find a medium between work and what really matters

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Six years ago Ted Reader seemed to have it all. "The King of the Q" had built an empire around his name and smokin' personality, writing award-winning cookbooks, starring on television and touring North America.

But Ted was desperately unhappy. "I was on the phone, travelling, and working hard. I was carrying some weight and I was angry and bitter all the time." Reader took stock of his life and realized he had reached a turning point. He downsized his business, went back to his BBQ and started to cook.

▶ Ted Reader, award-winning chef, author and entertainer.

Today he's a happy man, husband and the father of two young children. His cookbooks, sauces and spice rubs fly off the supermarket shelves.

"I'm living life and I'm having a good time at it. I want to share that with people. I'm working harder today than I ever have but I'm having fun."

This long weekend take two servings of family and friends; add a dash of inspiration and lots of laughter. Head to the BBQ and you'll be cooking up Ted Reader's recipe for success.

The perfect steak

Ted's tips:

- Buy the best quality meat you can afford.
- A two inch steak is perfect.
- Heat grill to 650+ degrees Fahrenheit.
- Sear one minute each side with the lid open.
- Put other burners on "high" and close the lid.
- 12 minutes for a rare steak
- Let them rest for five minutes for medium rare.
- Enjoy!

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Face it, work and the Book just don't click

Overusing social media at the office? Always keep in mind that someone might be watching you do so

DREW HINSHAW
LIFE@METRONEWS.CA

So you thought you could sneak in some Facebook time on the company dime? Woe unto thee.

Workers who reckon they can tweet on the clock are just cuckoo, career coaches warn. Spiteful higher-ups could be watching, and should you waste too much time scrolling through Twitter feeds you could find yourself checking into your apartment, searching for jobs.

"That's the number one thing people don't consider," says Sue Thompson, a work life coach. "Someone is watching you – and they have a right to."

"It all comes down to knowing your organizational culture," Shirin Khamisa, founder of Careers By Design, adds.

Many a manager, she notes, may take a laissez-tweet posture toward their employee's time. Others may expect you to keep a clean profile – and use it to relentlessly promote the company.

And still others, Thompson warns, may have your page history wiretapped and scrutinized as they prepare a case for your dismissal – dishonourably discharged for too much dilly-dallying.

"Your boss may be getting a report each month about how many of their employees are on the Internet each day," she cautions.

ISTOCK

▶ Take a moment to discover something more productive when you choose to put your mind on pause.

"Your boss may be getting a report each month about how many of their employees are on the Internet each day." SHIRIN KHAMISA, FOUNDER OF CAREERS BY DESIGN

Breaking the Habit

There are no miracle come-down drugs for an Internet fix, Thompson says – "just discipline."

"Look, this is work, and you have to have the discipline to say to yourself, 'I will not check Twitter until I go to lunch and check it on my phone,'" she says.

But for companies that do permit Facebook in moderation, the harder task can be limiting the fraction of the workday you squander online.

We all need little midday breaks, Psychology Professor Tim Pychyl notes, and we take them constantly, whether consciously or not. "That's part of our nature," he says.

The trick, he offers, is to find novel ways of procrastinating: like taking a walk, or calling a friend.

"You acknowledge that break more by picking up the phone and dialing it," he explains.

"You have to know what energizes you," Khamisa agrees, and it's likely not more screen time.

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Thunder roll on to next round

Kevin Durant bounced back from his worst playoff performance ever to score 39 points, Russell Westbrook had his first playoff triple-double and the Oklahoma City Thunder advanced to the NBA Western Conference finals with a 105-90 victory over the Memphis Grizzlies in Game 7 yesterday.

Durant, the NBA scoring champion the past two seasons, followed the lowest-scoring game of his two post-season appearances with one of his best. He heated up in the second quarter after an entertaining exchange with his mother, put the Thunder in control late in the third, then put it away with a pair of two-handed slams in the fourth.

Westbrook, criticized throughout the playoffs for taking too many shots, was at his all-around best with 14 points, matching his season-high with 14 assists and producing extra possessions with 10 rebounds.

THE ASSOCIATED PRESS

SUE OGROCKI/THE ASSOCIATED PRESS

▶ Thunder forward Kevin Durant celebrates yesterday.

Trash-talking no worry for Wellwood

Sharks forward enjoys facing his former team the Canucks

Kyle Wellwood is glad to be dodging verbal shots from his former Vancouver Canucks teammates instead of stray dogs in the streets of Moscow.

"I didn't get chased by any, but they warn you," Wellwood said yesterday before the San Jose Sharks faced Vancouver in the opening game of the Western Conference final. "If you're driving your car, you'll see 12 dogs running in a pack together in the city."

Last fall, Wellwood was unwanted by Vancouver after two seasons there, as well as any other NHL club. So he opted to sign with Mytischi Atlant, a Kontinental Hockey League club based outside of Moscow.

Wellwood, a native of Windsor who turns 28 today, quickly soured on life in Russia and looked to return to the NHL. He signed with the St. Louis Blues but first had to clear waivers because he began the season in Europe. That allowed San Jose to claim him.

Wellwood has also provided motivation to the Canucks. Even before the season started, a former teammate called Wellwood a "weasel" after Wellwood suggested the Canucks didn't have the mental fortitude necessary to excel in late playoff rounds.

"I guess (trash talk) is starting," said Wellwood. "You certainly expect it from those guys."

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Vancouver's Daniel Sedin is stopped by San Jose's Antti Niemi last night.

Suns president reveals he's gay

Phoenix Suns president and CEO Rick Welts revealed to the public that he is gay in a story posted on The New York Times' website yesterday, saying he wants to break down one of the last significant social barriers in sports.

Welts' declaration is the latest development on a subject that has gained attention in the sports world recently, after Lakers star Kobe Bryant's use of a gay slur on the basketball court and NHL player Sean Avery's public support of same-sex marriage.

Welts talked to NBA commissioner David Stern, WNBA president Val Ackerman, Hall of Famer Bill Russell and Suns guard Steve Nash before discussing his sexual orientation.

THE ASSOCIATED PRESS

"This is one of the last industries where the subject is off limits."
RICK WELTS

Sports in brief

Choi takes Players crown in playoff

GOLF. K.J. Choi made his first PGA Tour playoff experience a memorable one yesterday.

He made par on the island-green 17th to win The Players Championship for his first tour win in three years. THE ASSOCIATED PRESS

Finns win IIHF final

HOCKEY. Finland scored five late goals yesterday to beat Sweden 6-1 and claim a second IIHF World Hockey Championship.

THE ASSOCIATED PRESS

4 sports

Quoted

"All the frustration came out ... It was just one of those days you wish you could take back."
SLUMPING NEW YORK YANKEES CATCHER JORGE POSADA, WHO APOLOGIZED TO MANAGER JOE GIRARDI YESTERDAY AFTER ASKING TO SIT OUT AGAINST THE BOSTON RED SOX ON SATURDAY. THE SITUATION TURNED INTO A MESSY PUBLIC SPAT. POSADA'S BATTING AVERAGE IS A DISMAL .165.

"He apologized and said, 'I had a bad day,' and I said, 'I have had bad days, too, I know it's hard to struggle, but you're going to get through this.'"
YANKEES MANAGER JOE GIRARDI

Bruins still upbeat after Game 1 loss

Boston drawing on comebacks from previous series for inspiration

Deficits have been easy for the Boston Bruins to overcome so far in the playoffs.

So now that they trail the Tampa Bay Lightning 1-0 in the Eastern Conference finals, the Bruins are preparing for tomorrow night's Game 2 the same way they have every other time they've trailed since the playoffs started.

"We're a confident group here. Nothing seems to rattle this group," centre Chris Kelly said yesterday during off-day media availability at the TD Garden. "We go out and play each game hard and see what happens after 60 minutes, or however long it takes for the game to finish, and look for the next one."

"We're this far because we're good enough to be this far. And we just got to make sure we bring our 'A' game next game."
BRUINS COACH CLAUDE JULIEN

The Bruins lost Game 1 at home to the Lightning on Saturday, 5-2. In this post-season they trailed two games to none in the first round to Montreal and were down by two goals in Game 4. They won that game and went on to win the series in seven games.

Against Philadelphia in the second round, the Bruins were up 1-0 in the series but down two goals in Game 2. They won in overtime on their way to a sweep.

A year after blowing a 3-0 lead against Philadelphia in the East semifinals, the Bruins have managed to keep looking forward.

"In the playoffs, it's very valuable for teams to turn the page quickly and to worry about the day that they're in, not about what they have done whether it's a mistake or whether it's a good thing," defenceman Andrew Ference said. "You just kind of move on and live for the day."
THE ASSOCIATED PRESS

Lightning

The Lightning have also proven they're a resilient bunch.

- Tampa Bay trailed its first-round series 3-1 to Pittsburgh.
- Since rallying past the Penguins in seven games, the Lightning have run their winning streak to eight games heading into Game 2 with the Bruins.

MIKE STOBE/GETTY IMAGES

▶ Dominic Moore of the Lightning faces off against Gregory Campbell of the Bruins in the second period of Game 1 on Saturday.

JIM MONE/THE ASSOCIATED PRESS

▶ Jose Bautista, left, is congratulated by teammate Edwin Encarnacion yesterday after his two-run home run, his third homer of the game, in the sixth inning in Minnesota.

Bautista's bat hotter than ever

Jose Bautista hit three homers in one game for the first time in his career yesterday, adding to his major league-leading total and sending the Toronto Blue Jays to an 11-3 victory over the Minnesota Twins and a sweep of their three-game series.

Jose Molina also had three hits for the Jays, who scored in each of the first four innings. Yunel Escobar and Aaron Hill each had a pair of hits for Toronto.

The victory extended Toronto's winning streak to five games and allowed the Jays (20-20) to get back to the .500 mark for the first time in nearly a month.

Trevor Plouffe doubled and scored twice for Minnesota, which has lost eight straight and 14 of 17 as it heads out for a weeklong West Coast road trip.

Bautista, who led the majors with 54 homers last year, continued his recent tear. The right-fielder is hitting .415 with 13 homers and 21 RBIs over the past 19 games, and his 16 home runs this season are just two behind the total of the entire Twins team.

16 **Jose Bautista is currently ahead of his MLB home run-leading pace from last year. He reached 16 homers May 30, 2010, and finished with 54 on the season.**

After popping out to third base in the first inning, Bautista hit a solo home run to the second deck of left field off of Twins starter Brian Duensing in the third.

In the fourth, Bautista hit a line drive solo homer just inside the left-field line off reliever Kevin Slowey.

In the sixth, his two-run homer to right-centre just cleared the 23-foot-high wall and gave Toronto an 11-3 lead. Before hitting into a fielder's choice in the eighth, Bautista had homered four times in five plate appearances going back to Saturday.

Brandon Morrow (2-2) limited the Twins to three runs over five innings to pick up the victory.

THE ASSOCIATED PRESS

Boogaard's brain donated to science

Minnesota hockey fans planned a memorial for Derek Boogaard last night to honour the former NHL tough guy who was found dead in his apartment last week, five months after a season-ending concussion that left his family wondering if his career as an enforcer had damaged his brain.

Boogaard's agent and a spokeswoman for the Boston University School of Medicine confirmed yesterday that the family of the 28-year-old forward agreed to donate his brain to researchers who will look for signs of a degenerative disease often found in athletes who sustain repeated hits to the head.

"It's an amazing thing he did and his family did. Hopefully, that'll bring some information," agent Ron Salcer told The Associated Press. "We don't know exactly the impact that the concussions might have played."

Boogaard, who missed the last half of last season with the New York Rangers due to a concussion, was found dead in his Minneapolis apartment Friday. Police said there were no outward signs of trauma; results of an autopsy are expected to take several weeks.

So far, the only indication that Boogaard's death might be related to concussions is the fact that his family signed papers to donate his brain to the BU Center for the Study of Traumatic Encephalopathy. The donation was first reported by the Star Tribune of Minneapolis.

THE ASSOCIATED PRESS

Djokovic beats Nadal to lengthen 2011 streak

Novak Djokovic continued his recent mastery over top-ranked Rafael Nadal with a 6-4, 6-4 win in the Italian Open final yesterday that stretched the Serb's unbeaten start to the year to 37 matches.

The second-ranked Djokovic has beaten Nadal in all four finals they have played this year and defeated the Spaniard for the first time on clay in last week's Madrid Open final.

Djokovic is now the first player to beat Nadal on clay twice in the same year, a feat that comes exactly a week before the French Open starts.

"I definitely am amazed with my playing," Djokovic said. "But there's no time to enjoy it — I've got to get ready for Roland Garros."

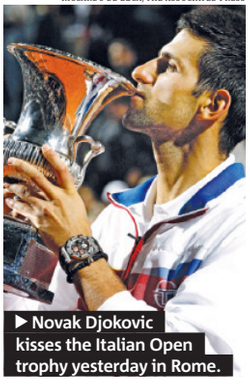
Djokovic's edge over Nadal could enable him to overtake his rival for the No. 1 ranking the week after the French Open.

"He's doing amazing things. Every match he's very tough mentally and physically," Nadal said. "I'm doing everything I can. I can't ask myself anymore now. I'm doing very well but one player is doing better than me. I am waiting every week to try solutions, so let's see."

Djokovic's streak this year trails only John McEnroe's 42-0 start in 1984. Overall, Djokovic has won 39 consecutive matches stretching back to Serbia's Davis Cup triumph in December, sixth best in the Open era, seven behind Guillermo Vilas's record set in 1977.

THE ASSOCIATED PRESS

RICCARDO DE LUCA/THE ASSOCIATED PRESS



▶ Novak Djokovic kisses the Italian Open trophy yesterday in Rome.

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE FINALS

(Best-of-7)

EASTERN CONFERENCE

Boston (3) vs. Tampa Bay (5)
(Tampa Bay leads series 1-0)
Saturday's result
Tampa Bay 5 Boston 2
Tomorrow's game
Tampa Bay at Boston, 8 p.m.
Thursday Game
Boston at Tampa Bay, 8 p.m.
Saturday, May 21
Boston at Tampa Bay, 1:30 p.m.
Monday, May 23
x-Tampa Bay at Boston, 8 p.m.
Wednesday, May 25
x-Boston at Tampa Bay, 8 p.m.
Friday, May 27
x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

Vancouver (1) vs. San Jose (2)
Last night's result
San Jose at Vancouver
Wednesday's game
San Jose at Vancouver, 9 p.m.
Friday's game
Vancouver at San Jose, 9 p.m.
Sunday, May 22
Vancouver at San Jose, 3 p.m.
Tuesday, May 24
x-San Jose at Vancouver, 9 p.m.
Thursday, May 26
x-Vancouver at San Jose, 9 p.m.
Saturday, May 28
x-San Jose at Vancouver, 8 p.m.
x — played only if necessary.

SATURDAY

LIGHTNING 5, BRUINS 2

First Period
1. Tampa Bay, Bergenheim 8 (Moore, Hedman) 11:15
2. Tampa Bay, Clark 1, 11:34
3. Tampa Bay, Purcell 2, 12:40
4. Boston, Seguin 1 (Ryder, Peverley) 15:59
Penalties — None.
Second Period
No Scoring.
Penalties — Paille Bos (tripping) 1:29, Downie TB (interference) 3:29, Brewer TB (tripping) 8:09, Kelly Bos (tripping) 11:55, Hall TB (tripping) 14:58.
Third Period
5. Tampa Bay, M.Bergeron 2 (Clark, St. Louis) 13:37 (pp)
6. Tampa Bay, Gagne 3 (Purcell) 17:29 (en)
7. Boston, Boychuk 3 (Seguin) 18:59
Penalties — Lecavalier TB (slashing) 5:53, Boychuk Bos (roughing) 12:04, Horton Bos, Lucic Bos (roughing, misconduct) 19:23.
Shots on goal by

Tampa Bay	10	13	11	34
Boston	12	8	13	33

Goal — Tampa Bay: Roloson (W,9-3-0); Boston: Thomas (L,8-4-0).
Power plays (goals-chances) — Tampa Bay: 1-5; Boston: 0-4.
Referees — Brad Watson, Dan O'Rourke.
Linesmen — Steve Miller, Pierre Racicot.
Attendance — 17,565 (17,565).

SCORING LEADERS

	G	A	PT
Kesler, Vcr	5	10	15
Datsyuk, Det	4	11	15
St. Louis, TB	6	8	14
Ward, Nash	7	6	13
Clowe, SJ	4	9	13
Purcell, TB	2	11	13
Couture, SJ	6	6	12
Lecavalier, TB	5	7	12
P.Bergeron, Bos	2	10	12
Downie, TB	2	10	12
Giroux, Pha	1	11	12

Not including last night's game

LACROSSE

NATIONAL LACROSSE LEAGUE PLAYOFF

CHAMPIONS CUP

Yesterday's result
Toronto 8 Washington 7

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Yesterday's results
GOLD MEDAL
Finland 6 Sweden 1
Bronze Medal
Czech Republic 7 Russia 4
SEMIFINALS
At Bratislava, Slovakia
Friday Results
Finland 3 Russia 0
Sweden 5 Czech Republic 2
QUARTER-FINALS
At Bratislava, Slovakia
Thursday Results
Russia 2 **Canada 1**
Finland 4 Norway 1

FINLAND 6, SWEDEN 1

First Period
No Scoring.
Penalty — Ekman-Larsson Swe (interference) 17:52.
Second Period
1. Sweden, Paajarvi 2, 7:40
2. Finland, J.Immonen 9 (Pesonen, M.Koivu) 19:53 (pp)
Penalties — Kruger Swe (slashing) 4:41, N.Kapanen Fin (hooking) 9:15, Nokelainen Fin (boarding) 14:25, Petrasek Swe (hooking) 19:30.
Third Period
3. Finland, P.Nokelainen 1 (Pihlstrom) 2:35
4. Finland, N.Kapanen 2 (Aaltonen, Komarov) 3:21
5. Finland, Pesonen 2 (Granlund) 16:41
6. Finland, Pyorala 1 (M.Koivu, Salmela) 17:16
7. Finland, Pihlstrom 2 (Lajunen) 19:05
Penalty — Erixon Swe (holding) 6:06.
Shots on goal by

Sweden	12	11	10	—33
Finland	13	9	10	—32

Goal — Sweden: Fasth (L,6-1); Finland: Vehanen (W,5-1).
Power plays (goals-chances) — Sweden: 0-2; Finland: 1-4.
Referees — Darcy Burchell (Canada), Brent Reiber (Switzerland). **Linesmen** — Chris Carlson and Kiel Murchison (both Canada).
Att. — 9,166.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	8	4	1	3	11	3	15
Philadelphia	9	4	3	2	6	6	14
Columbus	9	3	2	4	8	9	13
Houston	10	3	3	4	13	10	13
New England	10	3	3	4	9	12	13
D.C. United	10	3	4	3	13	18	12
Toronto	11	2	4	5	11	17	11
Chicago	9	1	3	5	12	15	8
Kansas City	7	1	5	1	11	17	4

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	12	5	2	5	17	12	20
Dallas	10	5	3	2	13	10	17
Real Salt Lake	7	5	1	1	9	2	16
Colorado	10	4	3	3	12	10	15
Portland	9	4	3	2	12	14	14
Seattle	11	3	3	5	13	11	14
Chivas USA	8	2	3	3	8	7	9
San Jose	9	2	4	3	10	11	9
Vancouver	11	1	5	5	12	16	8

Note: Three points for a win, one for a tie.
Last night's result
Chivas USA at New York
Saturday's results
Chicago 2 Toronto 2
New England 1 Vancouver 0
Colorado 1 D.C. United 1
Dallas 2 Philadelphia 0
Houston 0 Real Salt Lake 0
Los Angeles 4 Kansas City 1
Portland 1 Seattle 1
San Jose 3 Columbus 0

ENGLAND

PREMIER LEAGUE

Yesterday's results
Arsenal 1 Aston Villa 2
Birmingham 0 Fulham 2
Chelsea 2 Newcastle 2
Liverpool 0 Tottenham 2
Wigan 3 West Ham 2

FRANCE

LIGUE 1

Yesterday's results
Arles-Avignon 1 Toulouse 0
Caen 2 Montpellier 0
Lorient 2 Marseille 2
Monaco 1 Lens 1
Nancy 3 Nice 0
Saint-Etienne 1 Rennes 2
Valenciennes 1 Auxerre 1

ITALY

SERIE A

Yesterday's results
Bari 0 Lecce 2
Catania 2 Roma 1
Cesena 1 Brescia 0
Chievo Verona 0 Udinese 2
Fiorentina 1 Bologna 1
Napoli 1 Inter Milan 1
Parma 1 Juventus 0
Sampdoria 1 Palermo 2

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Celtic 4 Motherwell 0
Dundee United 2 Hearts 1
Kilmarnock 1 Rangers 5

SPAIN

LA LIGA

Yesterday's results
Almeria 3 Mallorca 1
Athletic Bilbao 1 Malaga 1
Atletico Madrid 2 Hercules 1
Barcelona 0 Deportivo La Coruna 0
Getafe 2 Osasuna 0
Sevilla 3 Real Sociedad 1
Sporting Gijon 2 Racing Santander 1
Valencia 0 Levante 0
Villarreal 1 Real Madrid 3
Zaragoza 1 Espanyol 0

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	23	17	.575	—
New York	20	17	.541	1½
Toronto	20	20	.500	3
Baltimore	19	20	.487	3½
Boston	19	20	.487	3½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	24	13	.649	—
Detroit	22	18	.550	3½
Kansas City	20	19	.513	5
Chicago	17	24	.415	9
Minnesota	12	26	.316	12½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	22	19	.537	—
Texas	21	19	.525	½
Oakland	20	20	.500	1½
Seattle	16	23	.410	5

Yesterday's results
Toronto 11 Minnesota 3
Baltimore 9 Tampa Bay 3
Chicago White Sox 4 Oakland 3
Texas 5 L.A. Angels 4
Kansas City at Detroit (ppd., rain)
Seattle at Cleveland (ppd., rain)
Boston at N.Y. Yankees
Saturday Results
Toronto 9 Minnesota 3 (11 ings)
Baltimore 6 Tampa Bay 0
Boston 6 N.Y. Yankees 0
Detroit 3 Kansas City 0
L.A. Angels 3 Texas 2
Oakland 6 Chicago White Sox 2
Seattle at Cleveland (ppd., rain)
Tonightt's games
N.Y. Yankees (A.J.Burnett 4-2) at Tampa Bay (Price 5-3), 6:40 p.m.
Toronto (Drabek 2-2) at Detroit (Scherzer 6-0), 7:05 p.m.
Baltimore (Tillman 2-3) at Boston (Matsuzaka 3-3), 7:10 p.m.
Cleveland (Tomlin 4-1) at Kansas City (Davies 1-5), 8:10 p.m.
Texas (C.Lewis 3-4) at Chicago White Sox (E.Jackson 3-4), 8:10 p.m.
L.A. Angels (Pineiro 2-0) at Oakland (Anderson 2-3), 10:05 p.m.
Minnesota (S.Baker 2-2) at Seattle (Pineda 4-2), 10:10 p.m.

BLUE JAYS 11, TWINS 3

Toronto	ab	r	h	bi	Minnesota	ab	r	h	bi
YEscor ss	4	1	2	1	Span cf	5	0	1	0
CPttrsn lf	4	2	1	1	Plouffe ss	3	2	1	1
Bautist rf	5	3	3	4	Kubel dh	5	0	1	0
Encrnc 1b-3b	5	0	0	0	Mornea 1b	2	0	1	1
A.Hill 2b	5	1	2	2	LHughs pr-1b	0	0	0	0
JRiver dh	5	0	0	0	DYong lf	4	0	0	0
RDavis cf	4	1	1	0	Cuddyr rf	2	0	1	1
JMcDnl 3b	4	1	1	2	Revere ph-rf	1	0	0	0
Cooper 1b	0	0	0	0	Valenci 3b	3	0	0	0
JMolin c	4	2	3	1	Tolbert 3b	1	0	0	0
Butera c	4	0	1	0					
ACasill 2b	4	1	2	0					
Totals	**40**	**11**	**13**	**11**	**Totals**		**34**	**3**	**8**	**3**

Toronto	**214**	**103**	**000**	**11**
Minnesota	**000**	**120**	**000**	**3**

DP—Toronto 1. LOB—Toronto 4, Minnesota 9. 2B—Y.Escobar (3), A.Hill (5), R.Davis (2), J.Molina (5), Plouffe (2), Morneau (10). HR—Bautista 3 (16).

Toronto	IP	H	R	ER	BB	SO
Morrow W,2-2	5	5	3	3	2	8
Camp	2	1	0	0	0	2
Villanueva	1	0	0	0	1	2
Dotel	1	2	0	0	1	2
Minnesota						
Duensing L,2-3	3	8	7	7	2	1
Slowey	6	5	4	4	0	3

T—2:43. A—39,301 (39,500).

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	25	14	.641	—
Florida	23	16	.590	2
Atlanta	23	19	.548	3½
New York	19	21	.475	6½
Washington	19	21	.475	6½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	23	17	.575	—
St. Louis	22	19	.537	1½
Milwaukee	19	21	.475	4
Pittsburgh	18	22	.450	5
Chicago	17	21	.447	5
Houston	15	25	.375	8

WEST DIVISION

	W	L	Pct	GB
San Francisco	22	17	.564	—
Colorado	20	18	.526	1½
Los Angeles	19	22	.463	4
Arizona	17	22	.436	5
San Diego	17	23	.425	5½

Yesterday's results
Arizona 4 L.A. Dodgers 1
Atlanta 3 Philadelphia 2
Cincinnati 9 St. Louis 7
Milwaukee 9 Pittsburgh 6
N.Y. Mets 7 Houston 4
San Diego 8 Colorado 2
Washington 8 Florida 4
San Francisco at Chicago (ppd., rain)
Saturday Results
Arizona 1 L.A. Dodgers 0
Atlanta 5 Philadelphia 3
Cincinnati 7 St. Louis 3
Florida 1 Washington 0
Houston 7 N.Y. Mets 3
Milwaukee 8 Pittsburgh 2
San Diego 9 Colorado 7
San Francisco 3 Chicago Cubs 0 (7 ings, rain)
Tonight's games
Philadelphia (Cl.Lee 2-3) at St. Louis (Westbrook 2-3), 7:05 p.m.
Pittsburgh (Maholm 1-5) at Washington (Lannan 2-4), 7:05 p.m.
Chicago Cubs (Zambrano 4-1) at Cincinnati (Bailey 2-0), 7:10 p.m.
Florida (Jo.Johnson 3-1) at N.Y. Mets (Pelfrey 3-3), 7:10 p.m.
Houston (Myers 1-3) at Atlanta (Hanson 4-3), 7:10 p.m.
San Francisco (Lincecum 3-3) at Colorado (Mortensen 0-0), 8:40 p.m.
San Diego (Richard 1-4) at Arizona (Galarraga 3-3), 9:40 p.m.
Milwaukee (Marcum 4-1) at L.A. Dodgers (Garland 1-2), 10:10 p.m.

CYCLING

GIRO D'ITALIA

At Etna, Italy
1. Alberto Contador, Spain, Saxo Bank, four hours, 54 minutes, nine seconds; 2. Jose Rujano, Venezuela, Androni, 0:03 behind; 3. Stefano Garzelli, Italy, Aqua & Sapone, 0:08; 4. Vincenzo Nibali, Italy, Liquigas, same time; 5. Roman Kreuziger, Czech Republic, Astana, s.t.; 6. David Arroyo, Spain, Movistar, s.t.; 7. Kanstantsin Sivtsov, Belarus, HTC-Highroad, s.t.; 8. Igor Anton, Spain, Euskaltel-Euskad, 0:59; 9. John Gadret, France, La Mondiale, 1:07; 10. Hubert Dupont, France, La Mondiale, s.t.
Also
63. Michael Barry, Toronto, Sky Procycling.

TENNIS

ATP-WTA

INTERNAZIONALI BNL D'ITALIA

At Rome
Men
Singles
Championship
Novak Djokovic (2), Serbia, def. Rafael Nadal (1), Spain, 6-4, 6-4.
Doubles
Championship
John Isner and Sam Querrey, both U.S., def. Mardy Fish and Andy Roddick, both U.S. (walkover).
Women
Singles
Championship
Maria Sharapova (7), Russia, def. Samantha Stosur (6), Australia, 6-2, 6-4.
Doubles
Championship
Peng Shuai and Zheng Jie, China, def. Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, 6-2, 6-3.

NBA

PLAYOFFS

All times Eastern

SECOND ROUND

(Best-of-7 series)
EASTERN CONFERENCE
Chicago (1) vs. Atlanta (5)
(Chicago wins 4-2)
Miami (2) vs. Boston (3)
(Miami wins 4-1)
WESTERN CONFERENCE
L.A. Lakers (2) vs. Dallas (3)
(Dallas wins 4-0)
Oklahoma City (4) vs. Memphis (8)
(Oklahoma City wins 4-2)
Yesterday's result
Oklahoma City 105 Memphis 90

THIRD ROUND

(Best-of-7)
EASTERN CONFERENCE
Chicago (1) vs. Miami (2)
Last night's result
Miami at Chicago
Wednesday's game
Miami at Chicago, 8:30 p.m.
Sunday, May 22
Chicago at Miami, 8:30 p.m.
Tuesday, May 24
Chicago at Miami, 8:30 p.m.
Thursday, May 26
x-Miami at Chicago, 8:30 p.m.
Saturday, May 28
x-Chicago at Miami, 8:30 p.m.
Monday, May 30
x-Miami at Chicago, 8:30 p.m.
WESTERN CONFERENCE
Dallas (3) vs. Oklahoma City (4)
Tomorrow's game
Oklahoma City at Dallas, 9 p.m.
Thursday's game
Oklahoma City at Dallas, 9 p.m.
Saturday, May 21
Dallas at Oklahoma City, 9 p.m.
Monday, May 23
Dallas at Oklahoma City, 9 p.m.
Wednesday, May 25
x-Oklahoma City at Dallas, 9 p.m.
Friday, May 27
x-Dallas at Oklahoma City, 9 p.m.
Sunday, May 29
x-Oklahoma City at Dallas, 9 p.m.
x — if necessary.

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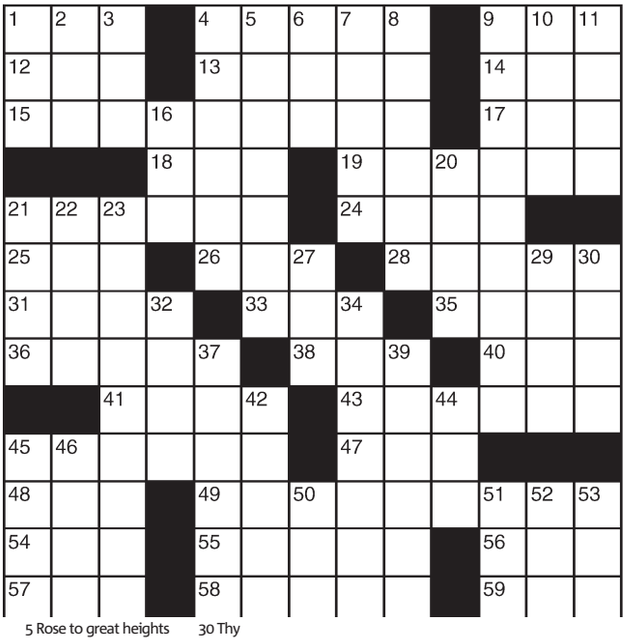
Crossword



Across

1 Marshland
4 Trusty horse
9 Easter entree
12 "Hail, Caesar!"
13 Individually owned apartment
14 Exist
15 Scary party time
17 Allow
18 Summer (Fr.)
19 Simoleons
21 Angora yarn
24 Upper limbs
25 Lawyers' org.
26 — Lingus
28 Wait patiently
31 Game played on horseback
33 Newcomer to society
35 Poi base
36 Alabama city
38 Evergreen type
40 Greek cross
41 Crumbly earth
43 Teen's wall decoration
45 Opportunity
47 Tribute in verse
48 That woman
49 Spice Girl Geri
54 Noah's boat
55 Bottled water brand
56 Storm center
57 Two (Sp.)
58 Prognosticators
59 Small barrel

Down

1 "Humbug!"
2 Eggs
3 Come together
4 Nova —
5 Rose to great heights
6 Away from WSW
7 Plant swelling
8 Philanthropists, e.g.
9 Austrian city important in the Iron Age
10 Neigh-borhood
11 Christian denom.
16 Meadow
20 Leave out
21 Charts
22 Reed instrument
23 Distinguishing characteristics
27 Ump
29 Scottish hillside
30 Thy
32 Muscat's country
34 Manic-depressive
37 McDonald's logo
39 "The Thinker" and "The Kiss," e.g.
42 Go
44 Stitch
45 African nation
46 Medal earner
50 Falsehood
51 "A mouse!"
52 Caustic solution
53 Journey segment

▶ Yesterday's answer

F	A	A	■	G	E	M	■	T	E	E	T	H		
A	D	D	■	A	X	E	■	A	L	G	A	E		
C	H	I	■	F	I	N	A	L	F	O	U	R		
T	O	E	■	F	L	I	C	K	■	■	■	■		
S	C	U	M	■	E	N	E	■	T	R	U	E		
■	■	■	O	L	D	■	S	P	H	I	N	X		
T	A	B	O	O	■	■	■	O	R	B	I	T		
E	P	O	N	Y	M	■	D	I	E	■	■	■		
N	E	W	S	■	A	G	A	■	E	X	I	T		
■	■	■	■	A	G	E	N	T	■	E	R	E		
L	A	S	T	D	I	T	C	H	■	N	O	N		
I	D	A	H	O	■	T	E	E	■	I	N	S		
S	E	X	E	S	■	O	R	E	■	A	Y	E		

Sudoku

	6		3		7			5
				8		3		2
				4		9	6	
	9						8	7
			7		4			
4	1						5	
	4	1		9				
6		3		2				
9			8		3		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	2	3	8	6	9	7	4	5
6	5	7	2	4	1	9	3	8
8	9	4	5	7	3	6	1	2
3	8	5	6	1	7	2	9	4
7	4	2	3	9	8	1	5	6
9	1	6	4	2	5	8	7	3
4	6	1	7	3	2	5	8	9
2	7	8	9	5	4	3	6	1
5	3	9	1	8	6	4	2	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dear Tumbleweed,
I am a lucky guy to have you back in my life, and I hope you feel the same way. I love you and I cherish each and every moment we have together. Te estrano, Te amo!
FROM CARLOS JUNIOR

OMG! Matt you are cute, funny, adorable and soo much more! I hope that if you see this you won't get too creeped out!
THE DARK SIDE

What I said that night in Montreal was true. I was more asleep than awake and you weren't really supposed to hear it, but I meant it.
If things don't work now, maybe they will later. Either way, I'm so painfully happy to have gotten to know you like this.
FROM CURLY BRACKET

Today
8°/6°
Rain
90%
Tuesday
13°/12°
Showers
70%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you need some extra cash you will find ways to get it today.
♉ Taurus April 21-May 21 What yesterday seemed so vague will become crystal clear today.
♊ Gemini May 22-June 21 What happens today may look like bad news but this particular cloud has a huge silver lining.
♋ Cancer June 22-July 22 If you find yourself at odds with the status quo today that's a good sign. Be a catalyst for change.
♌ Leo July 23-Aug.23 Stand up and speak up for what you believe in. The more others try to shout you down the more you know they have something to hide.
♍ Virgo Aug. 24- Sept. 22 If you feel in need of a break now is a good time to start making plans.
♎ Libra Sept. 23-Oct. 23 You want nothing more than to be left alone with your thoughts.
♏ Scorpio Oct. 24-Nov. 22 Some of the things you have to say today won't go down too well.
♐ Sagittarius Nov. 23-Dec. 21 Be secretive about your plans. You can be too chatty sometimes.
♑ Capricorn Dec. 22-Jan. 20 Any doubts about what you are doing will disappear over the next 24 hours.
♒ Aquarius Jan. 21-Feb. 18 A Venus-Mercury conjunction will help you say the right things to people you love.
♓ Pisces Feb. 19-March 20. You have become a bit too predictable of late and need to do something to remind people that you are not to be taken for granted. Think about it. SALLY BROMPTON

Caption contest

RON JENKINS/THE ASSOCIATED PRESS

DAPDTIMUR EMEK/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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- st: 31926
- km: 88855

$12,740
$116** Bi-weekly

07 Ford Ranger Sport
- 4x4, Load, Auto
- st: 28744
- km: 63153

$16,250
$148** Bi-weekly

08 Sienna LE
- Load, A/C, Auto
- st: 29575
- km: 71184

$19,950
$182** Bi-weekly

08 Mini Cooper
- Load, A/C, Lthr, Auto
- st: 32001
- km: 71698

$17,870
$163** Bi-weekly

10 Lancer
- Load, A/C, Auto
- st: 31981
- km: 36000

$14,930
$121*** Bi-weekly

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$185*** Bi-weekly

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- st: 31772
- km: 92834

$13,450
$123* Bi-weekly

07 Calibre SXT
- Load, A/C
- st: 31790
- km: 82291

$8,780
$80** Bi-weekly

06 Altima 2.5 SE
- Load, A/C, Auto
- st: 29819
- km: 91691

$9,960
$105* Bi-weekly

07 Mazda3
- Std
- st: 31970
- km: 81193

$8,260
$75** Bi-weekly

08 Saturn Astra EX
- Load, A/C, Std
- st: 31916
- km: 31337

$9,980
$91** Bi-weekly

07 Acura TSX
- Load, A/C, Lthr, Roof, Auto
- st: 31967
- km: 91360

$16,850
$153** Bi-weekly

07 Camry LE
- Load, A/C, Auto
- st: 31960
- km: 94029

$12,960
$118** Bi-weekly

09 Kia Rio
- Load, A/C, Std
- st: 31178
- km: 44890

$9,960
$81*** Bi-weekly

07 Compass Sport
- Load, A/C
- st: 31709
- km: 94154

$9,950
$91** Bi-weekly

09 PT-Cruiser
- Load, A/C, Auto
- st: 31807
- km: 59071

$8,950
$72*** Bi-weekly

08 Pontiac G5 Coupe
- A/C, Auto
- st: 31249
- km: 68951

$8,650
$79** Bi-weekly

08 Ford Escape XLT
- Load, A/C, Auto
- st: 11032-A
- km: 55221

$14,840
$135** Bi-weekly

09 Civic DX
- Load, A/C, Auto
- st: 29980
- km: 52024

$14,450
$117*** Bi-weekly

07 Sebring
- Load, A/C
- st: 31515
- km: 86262

$9,680
$88** Bi-weekly

07 Ford Focus SE
- Load, A/C
- st: 31662
- km: 78401

$6,980
$64** Bi-weekly

06 Sportage LX
- 4WD, Load, A/C
- st: 31281
- km: 109845

$9,980
$105* Bi-weekly

06 Swift
- Load, A/C
- st: 31979
- km: 67317

$6,940
$73* Bi-weekly

09 Nissan Sentra
- Load, A/C, Auto
- st: 31940
- km: 60388

$11,980
$97*** Bi-weekly

09 Matrix
- Load, A/C, Auto
- st: 31893
- km: 64380

$13,950
$113*** Bi-weekly

07 Mazda5 GS
- Load, A/C
- st: 31804
- km: 91365

$9,980
$91** Bi-weekly

08 Elantra
- Std
- st: 31585
- km: 87573

$7,380
$67** Bi-weekly

07 Golf City
- Std
- st: 31531
- km: 74669

$8,960
$82** Bi-weekly

07 Toyota Yaris
- Auto
- st: 31909
- km: 84941

$8,350
$76** Bi-weekly

07 Patriot Sport
- Load, A/C, Auto
- st: 31996
- km: 76411

$10,860
$99** Bi-weekly

07 Saturn Vue
- Load, A/C, Auto
- st: 31989
- km: 51908

$10,950
$100** Bi-weekly

08 Solara SLE Convert
- Load, Lthr, NAV, Auto
- st: 31805
- km: 58333

$24,850
$218** Bi-weekly

07 Cadillac CTS
- Load, Roof, Lthr, Auto
- st: 31861
- km: 65248

$17,840
$162** Bi-weekly

10 Camaro LT
- Load, A/C, Roof, Auto
- st: 29537
- km: 14344

$26,950
$215*** Bi-weekly

07 Altima 2.5S
- Load, A/C, Auto
- st: 32004
- km: 93642

$11,970
$109** Bi-weekly

07 Saab 9-3
- Load, A/C, Roof, Auto
- st: 32005
- km: 50906

$14,950
$136** Bi-weekly

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